

ABSTRACT

(0091) A building element comprises a profile defined by a web, a pair of side flanges extending perpendicular to the web and outer corners joining the side flanges, respectively, to the web. The web includes a constriction extending in the same direction as the side flanges, planar segments disposed on opposite sides of the constriction, and inner corners joining the constriction to the planar segments. The constriction has a width that is about one-third the overall width of the building element. The constriction is bisected by a constriction axis perpendicular to the planar segments, and the constriction axis may be located along the height of the building element so as to be spaced from one of the side flanges a distance of or about one-third the overall height of the building element. The constriction forms an angle of or about 70 °.